

The Vertebral
Fractures Study

Jabka laf dhabarta: Jabitaanka laftaada dhabarka

Qoorta ama dhabar xanuun?

Ma laga yaaba inaad qabtid
jabka laf dhabarta?



Waa hage loogu tala galay qof
xanunsanaya iyo daryeelohoda

Qoraalkan ku jira waraaqdan waxaa soo diyaariyey dad u ku dhacay xanuunka jabka laf dhabarta (vertebral fracture), xubnaha qoyska iyo xirfadlayaasha daryeelka caafimaad oo kula baxa daryeelka asaasiga ah iyo kasare.

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Waa maxay jabka laf dhabarta?

Jabka laf dhabarta waa jabitaan ama cadaadis lafta dhabarta ku dhaca. Waxa kaloo loo yaqaana jabka laf dhabarka (spinal fracture) ama jajab (wedge fracture), ama jabka cadaadis (compression fracture). Laf dhabartaadu waxay ka bilaamata halkay qortaadu iyo madaxaagu ku kulmaan tasoo gaadha ilaa dhabarkaaga. Jabka laf dhabarta waxaa keena xanuunka lafa burburka oo guud ahaan sababa iney lafuhu khafiif noqdaan ama and si sahlan u jabaan. Dadka cudurkan jabka laf dhabarku ku dhacay inta badan waxa kaloo jaba lafaha kale.

Maxay mihiim u tahay in la garto jabka laf dhabarta?

Markay xirfadlayaasha daryeelka cafimaad ogadaan jabka laf dhabarta, waa cadeen iney lafahaagu diciif yihiin. Mar hadaad jabtid waxaad u nugushahay marar kale inaad ka jabtid laf dhabarta iyo lafaha kale. Hadii lagugu sheegay xanuunka jabka laf dhabarta waxa laguu bilaabaya daawoyin kaa caawiya xooga lafaha. Waxa kaloo dawadani ka caawinaysa inaad markale laftu jabin. Lakiin dadka intooda badan way adagtahay in la ogaada in cudurka jabka laf dhabarta aay qabaan.

Waa mihiim in la ogaado xaladaada. Ogaanshaha cudurkaaga wuxu ku ogalaanaya inaad fahanto xanuunkaga tasoo kaa cawinaysa mamuulka iyo daweenta xaladaada caafimaad.

Yaa lagu tala galay warqdan?

Macluuumadkan waxa loogu tala galay dadka ka cawda dhabar xanuunka ama hubin sababta xanuunkeeda keentay. Waxay kaa cawinaysa inaad ogato inaad qabta jabka laf dhabarta iyo hadii laftu ku jabtay waxaad ka helaysa macluuumad ku saabsan ka hortaga khatarta inuu j jabitaano kale kugu dhaco.

Sidee loo ogaada jabka laf dhabarta?

Jabka laf dhabarta waxaa loo ogaan karaa siyaabo kala duwan: Qofka bukaanka ah oo booqda adeega daryeelka cafimaadka sida GPga ama taga goobaha adeega shilalka iyo gurmada cafimaadka (A&E) yagoo shageenaya astaamo sheegi kara inuu ku dhacay xanuunka jabka laf dhabarta. GPga ama xirfadlayaash daryeelka cafimaad waxay ku dirayaan raajo (X-ray) ama sawir kale, si ay u arkaan iney laf dhabartu jabtay.

Dadka kale waxa loo sawiraa sababo kale markas si lama filaan ah ayaa lagu arkaa jabka laf dhabarta.

Waa maxay astaamaha jabka laf dhabarta?

Way adagtahay in la ogaado jabka laf dhabarta. Jabka laf dhabarta waxa lagaa yaaba inaaney xanuun keenin, lakiin mararka qaar way keenta. Way fududahay iney xirfadlayaasha daryeelka cafimaad ay ku khaldamaan astaamaha jabka laf dhabarta xanuune kale sida xanuunka muruq jiidka. Astaamaha jabka laf dhabarta waxa kamid ah sidan:

Xanuunka oo sii kordha markaad fadhiddid ama dib u fadhiisatid.



Xanuun ka imanay dhexda saree ee dhabarka.



Xanuun ku dhibaya markaad toos ugu fadhiddid kursiga.



Xanuunka oo sii kordha markaad tagantahay iyo markaad hoos u forasatid.



Ma tagnaan karta dhaqaaq la aan markad cuntada karinaysid ama weelka aad madhaysid.



Dherer dhimis marka lagu qiyaaso wagaad yareed. Maad ka gaabantahay imika markaad ahayd 25 jir?

Waa maxay khatarta kuu keeni karta inuu cudurka jabka laf dhabarta kugu dhaco?

Dadka qaar way u nugul yihiin inuu ku dhaco cudurka jabka laf dhabarta. Waxa mihiim ah inaad ogato dadka qaar aan u nugleen khatarta keeni karta cudurkan inuu yagana ku dhici karo, yagoo isugu jira rag iyo dhalinyaraba.

Khatarta guud ahaan waxa kamid ah:

- Qofka dadiisu gaadho 50 jir iyo wixi ka weyn
- Dumarnimada
- Walidkaaga oo hore uga jabay sinta
- Adigoo hore kugu dhacay lafa jajabka
- Adigoo hore lagugu sheegay xanuunka lafa burburka
- Cunista daawoyinka diciifiya lafaha, oo kala ah steroid, dawada suxitaanka iyo kuwa lagu daweeyo kansarka ku dhaca nasaaha iyo qanjirka raga.
- Xanuunyo ay ka mid yihiin maamulaha dhiig joogsiga caadada dumarka oon lagaa daweyn, rheumatoid arthritis , cunta xumo(anorexia), bulimia iyo celiac disease .
- Misaankaga oo hoos u dhaca ama Body Mass Index(BMI) oo noqoda 19 ama hoos uga sii dhaca.
- Cabitaanka khamriga oo 3 unit iyo wax ka badan aad cabtid malin walba
- Cabitaanka sigaarka
- Nololshaada oo dhaqdhaqaaqu ku yaryahay.

Macluumad dheerad ah oo ka hadlaya khatarta lafa burburka iyo jabka laf dhabarta fadlan halkan kala soco: <https://theros.org.uk/information-and-support/osteoporosis/causes/>

Maxaan sameen kara hadada isakaga shakidid inaad qabto xanuunka jabka laf dhabarta?

Hadaad ka walaacsantahay inaad qabta xanuunka jabka laf dhabarta, la xidhiidh xirfadlayaasha daryeelka caafimaad, sida GPga. Waxaa laga yaaba iney ku diraan cisbitaalka si lagu sawiro loona hubiyo inuu xanuunki jabka la dhabarta kugu dhacay. Kadib xirfadlayaasha daryeelka caafimaad ka socda ayaa kula soo xidhiidhaya siduu kugu sheego jawaabta. Hadanaad waxba ka maqalin dhowr usbuuc ka bacdi, haka baqanin inaad lasoo xiriirto dhakhtarkii ku diray badhitaanka, sidaaad u waydiiso xiliga ay jawaabtu ku soo noqonayso.

Waa mihiim inaad u tagto dhakhtarkaaga hadii aad isku aragtid calamadaha jabka laf dhabarta. Sidani waxay ku ogalanaysa inaad talaabo ka qaadid ka hortagto lafa jab dheerad ah. Hadii aad isku aragtid calamaadaha mid ama lab ee xanuunka jabka laf dhabarta dhowr usbuuc sida laguugu sheegay warbixintan, waa inaad la xidhiidha xirfadlayaasha daryeelka caafimaad, xitaa haduu dhabarku xoog ku xanuunen.



Waxaa lay sheegay in uu igu dhacay xanuunka cadaadiska jabka(compression fracture). Ma isku mid baa xanuunka jabka laf dhabarta?

Xirfadlayaasha daryeelka caafimaadka inta badan waxay isticmaalan kalmado kala duwan oo ay ku sheegan xanuunka jabka laf dhabarta. Kalmadahan waxa ka mid ah "cadaadis", "jajab" iyo "qalafsanaan". Hadanaad hubin inuu xanuunka jabka laf dhabarta waydii qof.

Siduu jabka laf dhabarta sameen ku yeelan kara noloshayda?

Haduu kugu dhaco xanuunka jabka laf dhabarta wuxuu dadka u sameeya si kala duwn. Siduu adiga kuu sameeyey waxay ku xidhantahay waxyaabo

kala duwan, sida halkaad ka jabtay(vertebral) iyo inta jeere ee aad ka jabtay. Dadka qaar inyar uun bay saameysa noloshooda yagoo caadi u wadan kara hawl maalmeedkooga.

Dadka qaarna jabka laf dhabarta waxay u keenta xanuun badan oo waxqabadkooga yareeya. Mararka qarkood qabitaanka cudurka jabka laf dhabarta waxay saameen karta dareenka naftaada. Lahadalka dadka ama isticmaalka maclumaadkan aay ku diyaarisay Royal Osteoprosis Society ayaa ku caawin kara.

Waa mihiim inaad ogaatid jabka laf dhabarta ka yimaada xanuunka burburka lafaha isku mid maaha jabka ku yimaada laf dhabarta- marku dhawac halis ah kugu dhaco sida shil wado oo aan keenin curyaanimo.

Inkasto aay jabka laf dhabarto ay kabmi karto, lakiin marnaba kuma noqonayso sidey ahayd markii hore. Waxa ku jiraya cadaadis. Tani waxay keeni karta qaabka laf dhabarta iney is badasho waliba hadii aad dhowr jeer ka jabtay.

Waa maxay daawoyinka loo heli karo xanuunka jabka laf dhabarta?

Xirfadlayaasha daryeelka cafimaadka sida GP, physiotherbiska, consultant iyo kalkaaliya caafimadka ayaa kala hadli doona sida loo daaweeyo jabka laf dhabarta. Jabka laf dhabarta yadaa iskeed u bugsata. Bogsashadeedu waxay qaadan kartaa 3-4 bilood. Lakiin inta badan xanuunka wuxu tagaa 6-8 bilood gudahood.

Jimicsigu wuxuu kaa caawin karaa dhisida xooga muruqyada iyo dheelitirnaanta iyo qaab jirka. Wuxuu kaa yareenaya walalka dhicista iyo guud ahaan wuxu wanaajinaya tayaada nololshada.

Wixii macluamad dheerad ah oo ku saabsan daaweeynta jabka laf dhabarta iyo sidaad u maamuli lahayd xanuunka ka imanaya xalaadada, fadlan ka eeg macluamadka: <https://theros.org.uk/information-and-support/osteoporosis/living-with-osteoporosis/recovering-from-a-broken-bone/spinal-fracture>

Siduu iigu dhici karaa jabitaan kale?

Dadka jabka laf dhabarta hore ugu dhacday shan jeer ayeey u badantahay inuu mar labaad jabka laf dhabarta uu ku dhaco. Waxa kaloo jirta fursad sare iney jabitaan kale ku dhaco, sida jabitaanka sinta. Lakiin waxa jira waxyaabo aad ku yareen kartid jabitaan kale.

Ma qaadan karaa daawoyin kaa yareenaya jabitaan dheerad ah?

Hadii lagugu sheegay inaad qabto jabka laf dhabarta xirfadlayaasha daryeelka cafimaadka ayaa kala hadlaya hadii aad u bahantahay dawada ilaalinta lafaha si looga hortago jabitaan dheerad ah, dawadani waxay gaabisa ama ay joojisa iney lafahaagu khafiif noqdaan

Hadii lagugu sheego inuu kugu dhacay jabka laf dhabarta, xirfadlayaasha daryeelka cafimaadka ayaa kala hadlaya hadii aad u bahantahay inaad qadato dawada ilaalayaha lafaha, si ay u yarato dhicitaankaga mustaqbalka.

Dawooyinkan waxaa ka mid ah:

Bisphosphonates: oo kaa cawinaya dhisida lafaha, yareenaya iney lafahaagu dhakhso u jabin iyo iney yareeyan fursada kale oo ay ku jabaan mustaqbalka. Tusaale ahaan sida *alendronate acid*, *ibandronate*, *risedronate* ama *zoledronate*.

Daawoyinka kordhiya sameenta lafaha iyo joojinta dib usoo noqoshaha lafaha, waxa kaloo ka cawinaysaa xooga lafaha yadoo yareenaysa dhakhso jabida lafaha, kordhinaysa dayactirka lafahaaga. Tusaale ahaan sida *Romozumab* and *denosumab*.

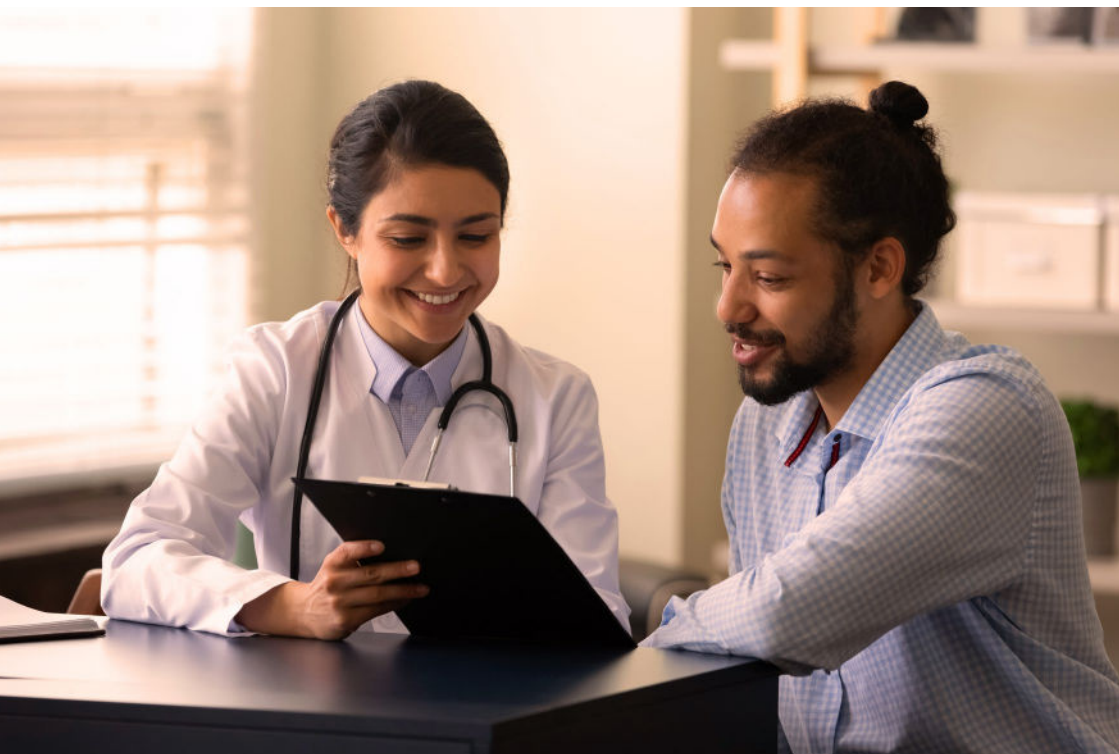
- **Selective oestrogen receptor modulators (SERM)** waxay kaa cawinaysa cufnaanta lafaha, yadoo yareenaysa jabitaanka dheeradka ah. Tusaale ahaan sida *raloxifene*
- **Parathyroid hormone** waxa sameeya qanjidhka qoorta. Parathyroid hormone wuxu kordhiya cufnaanta lafaha. Tusaale ahaan sida *teriparatide*.

- **Hormone Replacement Therapy (HRT)** waa daawo lamida dheecanka oestrogen iyo progesterone. HRT waxaa loo isticmaali karaa inuu maamulu astaamaha ka yimada marka dhiig joojiska cadaadu ku timaado dumarka iyo iney lafaha adkeyso.
- **Testosterone treatment** waxay faaid u tahay raga qaba xanuunka burburka lafaha,iyo hadey heerka dheecanka xubinta galmada raga aad u dhacsantahay. Daawada testosterone waxay kaa cawinaysa iney yareeyso lafo beelida.

Waydii GPga ama xirfadlayaasha daryeelka cafiimadka daawada kugu haboon.

Dawooyinka dhima fursada lafa jabkaa dheeradka ah, calcium iyo vitamin D ayaa lagugula talinaya inaad qadatid.

Dadka qaar uu ku dhici kara jabka laf dhabarta yagoo qadanaya dawooyinkaas.Haday saasi dhacdo, xirfadlayaasha daryeelka cafiimaadka waxay sameen karaan iney dawada dib u eegan iney kugu haboontahay iyo inkale.



Ma jirta waxaan iskey u qaban karo si an u yareeyo lafa jabka dheeradka ah? Haa! waad xoojin karta lafahaaga.



Hadad cuntid cunto ay ku badantahay calciumka iyo vitamin D: Calciumka waxaa laga heli karaa canaaha, farmaajo, caleenta cagaaran, lawska iyo iniinaha. Viatamin D jidhka ayuu u ogaladaa inuu calciumku gasho, waxaana laga helaa kaluunka sida salmon, tuna iyo sardines. Dhakhtarkaagu wuxu kugula talin karaa qaadasha calciumka iyo vitamin D.



Jimicsiga joogtada ah: Jimicsiga joogtada ah ee miisanku waa muhiim si aad u ilaaliso cafimaadka lafahaaga. Macluamad dheerad ah oo ku saabsan jimicsiga ka eeg warqadan xageeda danbe.



Iska ilaali cabitaanka khamriga badan wuxu yareeya cufnaanta lafaha, wuxuna kordhiya nuglaanta jabniinka lafaha. NHS waxay kugula talinaysa inanad cabin wax ka badan 14 units usbuuci.



Joojinta cabitaanka sigaarka: Sigaarku wuxu kordhiya inuu kugu dhaco xanuunka burburka lafaha.

Jimicsiga ma iska ilaaliya si aan iskaga ilaaliyo inaan mar kale jabo?

Ka fikirka jabitaan kale wuxu kuu keenaya walwal badan, lakiin jimicsigu iyo dhaqdhaqaaqa waa wax u fiican yareenta lafa jjabka. Hawlqabadku ma keento lafa jjabka . Hawlqabadku aad bay ugu fiicantahay cafimaadka lafaha iyo lafa burburka, inkastaba daadu ha noqoto iyo fooyibi qabkaaga.

Ku biloow hawlqabad aad ku raxeysato.Ka badci tartiib u kordhi dhaqdhaqaaqa si aad u gaadho hankaaga.Waxaad arki doonta qunyar celceliska badan iney ugu fiicantahay.

Inaad is kulayliso waa mihiim , markad jimicsiga bilaabaysid.Tani waxay noqon kartaa socod yar.Hadaad hore u soo sameen jirtay jimicsi, waxa dhici karta inaad taqaanto sayaabo laysku kulayliyo, sida socodka.Waxaa kuu diyaariyey macluuumad Royal Osteoporosis Society called 'Before and After Exercise': <https://tinyurl.com/BeforeAfterExercise>.

Jimicsiga u wanaagsan cafimaadka lafaha iyo burburka lafaha,waxa ka mid ah kuwa kaa cawinaya xanuunka, kor isku tagida iyo xoojinta murqaha, iyo jimicsiga hagaajinaya dheelitirka hoosna u dhigaya dhicitaanka. Qof kasta oo u uku dhacay jabka laf dhabarta lafo-jileecu waxa lagu dhiirigelinyaa inuu si tartiib ah u kordhiyo tirade dhaqdhaqaaqa iyo jimicsiga ay sameeyaan.Macluumaad dheerad ah waxaad ka heli kartaa the Royal Osteoporosis Society.

Waxaan ognahay in ogaanshaha in aad qabtid jabka laf dhabarta ay adkaan karto. Xirfadlayaasha daryeelka cafimaadka ayaa u jooga iney ku tageeraan waxaana jira waxyaabo aad sameyn karto si aad naftaada u caawiso. Waxaana rajeeneyna in qoraalkani ka jawwabi doono qaar ka mid ah su'alaahaga oo u ku siiyo macluumaad kaa caawinaya ka hortaga jabka badan mustaqbalka.



Halkee ayaan ka jeli karaa maclumaad lagu kalsoonaan karo oo ku saabsan burburka lafaha iyo jabka laf dhabarta?

The Royal Osteoporosis Society waxay bixisaa macluumaad iyo talo ku saabsan burburka lafaha iyo caafimadka lafah:

 www.theros.org.uk

Waxaad kale oo aad caawimo iyo tageero ka heli kartaa Kalkaaliyaha Takhasuuska leh, adiga oo wacaya khadkooda caawinta bilaashka ah:

 0808 800 0035



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